



Shirley COA CENTER

Volume: 14

NEWSLETTER
FEBRUARY 2022

Issue: 2

Address • 9 Parker Road • Shirley, MA 01464

Phone: 978-425-1390 • Fax: 978-425-1392 • Email: mlargey@shirley-ma.gov



**Free
Breakfast for
Veterans**
Monday, February 7th
8:30-9:30 am

Eggs, sausage, French
toast and more
Cooked and served by the
Shirley Police Dept.

*Sponsored by Shirley
Charitable Foundation*



February is designated
'Heart' Month
*Here are 10 ways to take
good care of your heart.*

- | | |
|-----------------------|--------------------------------------|
| 1. Do Some Cardio | 6. Live Smoke-free |
| 2. Get Adequate Sleep | 7. See a Doctor for Regular Checkups |
| 3. Laugh More | 8. Practice Good Dental Hygiene |
| 4. Eat Healthy | 9. Maintain a Healthy Weight |
| 5. Drink More Water | 10. Get Active |

Breakfast on Valentines Day! All Ages Welcome

Bring your favorite person for breakfast on Valentines Day.

Make your own valentine to take home.

Monday, February 14th 8:30—9:30 am

\$5

Choice of Scrambled Eggs, Westerns, or French toast. Includes Ham, Home fries,
Fresh fruit, and beverage.



RARE WINTER BLUEBIRD

*Bold little puffballs
iridescent blue with rust
take turns at feeders.*

By Cyndi Furman 2022 ©

Stitch & CHAT GROUP

Wednesday February 9th, 10 am.

Do you like to knit, Crotchet, Plarning? We
welcome all types of stitchers.

Join us for friendly chatter and some knitting.

To participate RSVP by calling or emailing
edinning@shirley-ma.gov 978-425-1390

We may be able to help if you need supplies.



February 2022

Outreach at the Shirley Senior Center

Elisabeth Dinning—Outreach Assistant

Telephone: (978) 425-1390

Email: edinning@shirley-ma.gov



**The Shirley Senior Center addresses the following Outreach topics and Social Services:
Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives,
Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation.
If your needs and interest are not listed, please let us know so we can take them into consideration.**

Please call Outreach at the Council on Aging office: 978-425-1390

Tips to spot SCAMS

The 10 most often used SCAM tactics:

- 1) Government impostor scams (IRS, Social Security)
- 2) The grandparent scam
- 3) Medicare/health scams
- 4) Computer tech support scams
- 5) Sweepstakes & lottery scams
- 6) Robo calls/phone scams
- 7) Romance scams
- 8) Internet and email fraud (Phishing emails/texts)
- 9) Elder financial abuse
- 10) Charity scams



Be **alert** if you receive an unexpected call/email/text.

In all of these scams, criminals use countless dastardly tricks that are as malevolent as they are innovative. Scam artists often prey on seniors' emotions to carry out their schemes. The crooks may inspire fear by impersonating a law enforcement official and threatening adverse actions if a senior refuses to send them money, or they may pretend to befriend a lonely senior online and convince the victim to send them hundreds or even thousands of dollars.

For more information visit: https://www.aging.senate.gov/press-releases/senate-aging-committee-announces-top-10-frauds_targeting-our-nations-seniors



COVID VACCINATIONS & BOOSTER CLINICS

Every Wednesday in February

- **What: Pfizer (12+)** COVID-19 vaccine for primary series or booster dose.
- **When: 2/2/22, 2/9/22, 2/16/22, and 2/23/22, 1:00 PM to 5:00 PM**
- **Where:** St. Anthony Church Hall, 33 Chapel St Shirley MA 01464

*What to bring: photo ID, COVID-19 vaccine card, health insurance card (if you have them; if not, don't worry, please attend anyway)

Please sign up for an appointment in advance online at: <https://home.color.com/vaccine/register/nashoba>

***Call the Shirley Senior Center if you need assistance registering for a vaccination
978-425-1390***

Eligibility requirements: People 12 and older can receive Pfizer vaccine for their primary series doses OR as a booster. Please see <https://www.mass.gov/info-details/covid-19-booster-frequently-asked-questions> for detailed information on booster vaccines, including on 'mix and match' dosing.

LIHEAP Fuel Assistance Program

Applications are being accepted from **Nov 1st until Apr. 30th**
2022 Income requirements:

Household Size of 1 Income Limit \$ 40,951

Household Size of 2 Income Limit \$ 53,551

New England Farm Workers' Council
473 Main Street, 3rd Floor in Fitchburg, MA 01420
Phone: (978) 342-4520



Wii Bowling
 Pre-Registration required.
Every Monday
12:30 - 3 pm
 Call 978-425-1390
 to reserve your lane.

BINGO

Every Wednesday at 1 pm.

No registration required.
 No maximum seating.

Just come to have some fun.

Strength, Flexibility, and Balance:

Every Thursday at 1 pm.

Chairs are used for all levels of ability.
 Instructed by Jeff Cote, the Occidental Taoist

QiGong:
Wednesday at 10 am

Drop in Game Time

A Variety of board and card games available.

Bring your friends for a morning of fun
Every Tuesday at 9:00 am.
 Bridge, Scrabble, Dominoes and more.

Want to learn Bridge?
Beginner games start at 11 am

LUNCH

**OVEN FRIED CHICKEN LEGS
 MASHED POTATOS AND
 VEGETABLE**

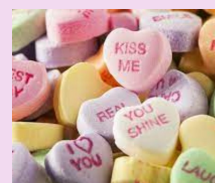
\$5

**Wed February 16th
 11:30 - 12:30**

Includes beverage and dessert.

Breakfast with Chip!

\$5
Monday, February 14th
8:30—9:30 am



**Bring your favorite person for breakfast on
 Valentines Day. All Ages Welcome!**
Make your own Valentine

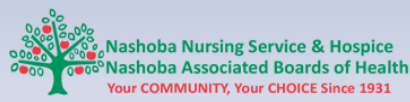
Choice of Scrambled Eggs, Westerns, or French toast.
 Includes Ham, Home fries, Fresh fruit, and beverage.

PIZZA & MOVIE \$5



Wednesday, February 2nd
Movie starts at 11 am.
Pizza served at 11:30 am





**Monthly
Wellness Check
February 10th**

FLU SHOTS are available at this clinic

Second Thursday of the month 9:30 to 10:30 am.

These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. *All ages are welcome to attend.*

**FOOT CARE
Clinic**

\$40

**By Appointment Only—978-425-1390
February 28th at the Center**



**Water Color Painting with Mike Devlin
Tuesdays at 1:00 pm**

Anyone wishing to attend must have their own paints and brushes. We will try to help with supplies for beginners and those in need..

Conversations About Death and Grief.



**February 9th
Every 2nd Wednesday
of the month at 11 am**

In a world so caught up in the business of staying young forever, and one can easily witness that our present day society leaves little room for mourning when mourning is called for. In fact, we live in a grief unspoken culture.

Our capacity to weather the tragedies and sorrows of life is painfully thin and in itself tragic and sorrowful.

Offering Friendship, Understanding and Hope with suggestions/techniques to help manage your grief, Conversations About Death is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally.

Walk- ins welcome.

For questions about this program please contact Lucia Camara, Bereavement and Spiritual Care Provider with Nashoba Nursing Services and Hospice. @508 -951 -3850.

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Jan 31	Feb 1	2	3
12:30pm Wii Bowling	9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	10:00am QiQong 11:00am Pizza & Movie () 1:00pm Bingo	1:00pm Bal, Strength, & Flex
7	8	9	10
8:30am Veteran's Breakfast 12:30pm Wii Bowling	9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	10:00am QiQong 11:00am Death & Grief 1:00pm Bingo	11:00am COA Board Meeting 1:00pm Bal, Strength, & Flex
14	15	16	17
8:30am Valentine Breakfast 12:30pm Wii Bowling	9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	10:00am QiQong 11:30am Lunch 1:00pm Bingo	1:00pm Bal, Strength, & Flex
21	22	23	24
CLOSED 	9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	10:00am QiQong 1:00pm Bingo	1:00pm Bal, Strength, & Flex
28	Mar 1	2	3
10:00am Footcare Clinic RSVP 12:30pm Wii Bowling	9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	10:00am QiQong 11:00am Pizza & Movie () 1:00pm Bingo	1:00pm Bal, Strength, & Flex

PRESIDENT'S DAY

Monday February 21, 2022

Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present.



Mission Statement of the Shirley Senior Center:

“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”

Senior Center Staff

COA Director: Marilyn Largey
Outreach Coordinator: Elisabeth Dinning
Dispatch and Admin Asst.: Michelle Oelfke
Van Drivers: Doug Perry, Priscilla Tarbell & Bob Lindgren

Council On Aging Board

Chair: Marie Elwyn
Vice Chair: Susan Hartman
Secretary: Christine Andersen
Members: Janice Snow, Mary Wade, Helen Kramer, Dave Stoppelman

Board Meetings are the 2nd Thursday of the Month at 11 am



Shirley Council on Aging



Transportation

MART Van is a wheel chair-accessible van for residents age 60 plus or disabled. All rides are \$1 each way.

Medical Rides are prioritized

**Van Hours: Mon - Thurs 8:15 am - 4 pm
Fri 8:15 am - 11:30am**

To schedule your ride call Michelle Monday -Thursday from 8:30 am - 1:30 pm.

Or leave a message and she will confirm your ride.

24 –48 hour notice required for all rides.

978-425-1390

Volunteer Opportunities

Volunteering your time and expertise is rewarding. If you are searching for a volunteer opportunity please consider the Shirley Senior Center.

We welcome small groups for projects at the Center and in the Community.

Senior Tax Work Off Program— Residents on this program can credit hours working at the Center towards their RE taxes.

Our current list of needs

Program coordinators

Meals on Wheels drivers—Food Service Staff

Office and phone support—Kitchen support

Newsletter Production— Social Media Marketing

Call us if you would like to volunteer. 978-425-1390.

Click below to access our volunteer application.

</council-aging/files/volunteer-application>

Follow what's happening at the Shirley Center for Active Living.

<https://www.shirley-ma.gov/council-aging>

Receive this Newsletter and important announcements from Town Government via email. Follow the link below to subscribe.

<https://www.shirley-ma.gov/subscribe>



Subscribe to E-Alerts

VETERANS' ASSISTANCE

Mike Detillion, Shirley Veterans' Officer
Call 978-425-2600 x280

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter and burial assistance.

